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# City of Long Beach



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of Parks and Recreation  
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## Parks and Recreation Department

# *Indoor Adult Volleyball League* *Fall 2015*



**REGISTRATION:**      **Long Beach Recreation Center**  
700 MAGNOLIA BLVD., LONG BEACH, NY  
(516) 431-3890

**League Members:**      **First 12 teams (first come, first served)**

**Fee:**      **\$450.00** — Checks/Money Orders made payable to the City of Long Beach  
Visa, MasterCard or cash also accepted.

**Requirements: Adults (18 & older only)**

### **Games:**

1. All games will be played on Monday, Tuesday and Wednesday evenings at Lindell Elementary School Gymnasium. A limited number of games will be on other nights because of Lindell gymnasium unavailability due to School District functions.
2. Games will be played at 7:00 p. m., 8:00 p. m., or 9:00 p. m.
3. Each team will play three games a night.
4. Schedule can be interrupted due to unforeseen conditions including unanticipated school district need for their gymnasium. All games will be made up as soon as possible.
5. There will be a Long Beach Parks and Recreation Department referee scheduled for each game.
6. **Games will begin on Monday, September 28, 2015.**
7. Top eight (8) teams will make the playoffs.
8. **This is a competitive League!!**

### **Players:**

1. Each player's name, address and phone number must appear in legible form on the team roster.
2. Each team must have a minimum of six players at the time the roster is handed in. In order to participate in the playoffs, that player must have participated in half the seasons games.
3. The City of Long Beach Parks and Recreation Department is not responsible for injuries on or off the playing court. Advise all players! Teams should secure their own individual insurance policy or team insurance.

### **General Rules:**

1. No blocking or spiking a served ball.
2. Ball must be clearly tossed on the serve.
3. No net fouls, ever.
4. A player may not reach over the net to play a ball, but may follow through.
5. Prolonged time (carriers on general hits or spikes) on the ball will be called.
6. A back row player may not come up to the net to spike or block a ball.
7. A team may start with four players, but must have five players to win the match.
8. A player will be given a warning for unsportsmanlike conduct. An additional act will warrant a “Red-Card” (penalty). Multiple Red Cards may result in a suspension and/or expulsion.
9. All teams play three games.
10. Balls can be played off the ceiling, on your side!
11. Rally points to 21. Must win by two, 25 point cap.
12. Teams agree to adhere to the Long Beach Parks and Recreation Department Codes of Conduct as both participants and spectators.

# LONG BEACH PARKS AND RECREATION DEPARTMENT

## 2015 Fall Adult Volleyball TEAM ROSTER

Team : \_\_\_\_\_ Captain : \_\_\_\_\_

Phone # : \_\_\_\_\_ E-Mail: \_\_\_\_\_

Player's Name	Player's Address	Phone #	Signature ( <i>mandatory</i> )
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

**NO TEAM ACCEPTED WITHOUT COMPLETE REGISTRATION FEE . . . NO EXCEPTIONS!!!**

I have read the attached Rules and Regulations and acknowledge that the City of Long Beach does not provide insurance and will advise my team to secure their own individual insurance policy.

\_\_\_\_\_  
**Team Representative Signature**

***For Rec Use:***

Receipt # \_\_\_\_\_ Amount Pd: \$ \_\_\_\_\_ Staff \_\_\_\_\_ Date: \_\_\_\_\_